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Alcohol Can Seriously Injure Person's Health

K. H. SUTHERLAND, M.D., County Health Officer
Although alcohol has been used by mankind since a remote period in history, and while its medicinal properties are presently acknowledged by many physicians, its misuse can seriously injure an individual's health.

Indeed, it has been stated that the average life span of the approximately 350,000 alcoholics who die annually in the United States is only 51 years. This compares to a life expectancy of about 70 years for the nonalcoholic.

ing may also cause serious nervous and mental disorders. Actually, not all alcoholics are addicts. Some persons drink excessively and with serious consequences, but are still able to stop whenever they want to. In the case of the alcohol addict, such control does not exist. The number of individuals who drink excessively to the point of mental or physical injury is larger than one might expect, and estimates place the number of problem drinkers in the country at about five million. This figure does not reflect the true gravity of the

situation however. It does not, for instance, include the families of alcoholics whose lives may be disastrously affected. If it did, the number of persons involved would be several times greater.

WHY SOME persons are impelled to drink excessively, and others are not, is only partially understood. At any rate, of the six out of every 10 adults in the United States who use alcohol, one out of every 15 of these users eventually becomes an alcoholic.

A number of causes for alcoholism have been suggested. Some psychiatrists believe that certain individuals, finding it impossible to cope with the problems and crises of everyday living, turn to alcohol as a way out. On the other hand, some medical scientists believe that alcoholism may have a physical or biological cause, such as a defect in the body chemistry or some nutritional deficiency.

Although no conclusive evidence is yet available on the causes of alcoholism, individuals who drink to excess have been found to have certain traits in common. In general, these include emotional immaturity, preoccupation with self, insecurity, and feelings of guilt. What makes the problem so complicated is that it is possible for people to have any or all of these traits and still not be alcoholics.

ONLY A START has been made in dealing with the problem of the alcoholic. Until

recently, alcoholics were generally considered deserving of punishment rather than help. This attitude is rapidly changing, and there is considerable evidence that alcoholics may be considered as having a chronic and disabling illness that can only be arrested. At this stage of medical knowledge, the disease can not be cured.

In addition to whatever medical treatment is given, an alcoholic needs emotional support and guidance. Remarkable success has been achieved in rehabilitation by the group of dedicated people who comprise Alcoholics Anonymous. Since its inception in 1935, this organization has helped restore more than a quarter million alcoholics to sobriety and well-adjusted living.

AN ALCOHOLIC is a sick person, and continued heavy drinking is a symptom of his basic illness. Treatment and understanding will help, but condemnation is both cruel and useless.

In order to focus public attention on the urgency of the problem, the National Council on Alcoholism is sponsoring a nationwide Alcohol Information Week, Nov. 26 to Dec. 2. In support of this program, a pamphlet giving additional information on alcoholism will be mailed to anyone who sends a card of request to the Division of Public Health Education, Los Angeles County Health Dept., 241 N. Figueroa St., Los Angeles 12.

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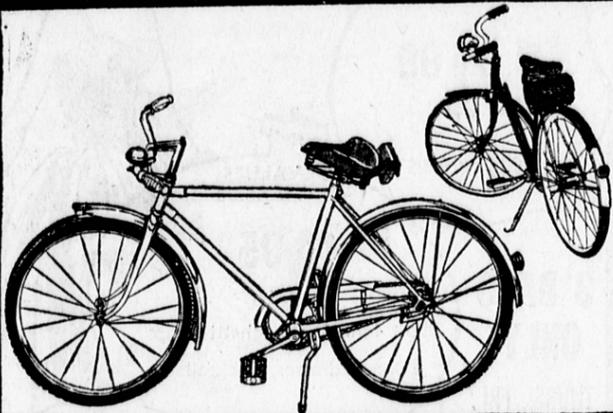
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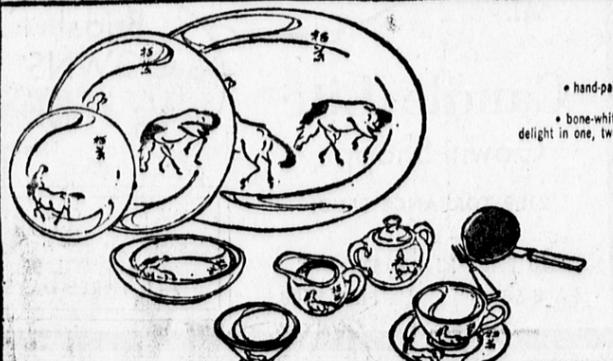
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Hand-Knit All Wool Bulkies from Italy

- cuddle up in these... they're that soft, that warm, that wonderful!
- bulky bulkies all in wool and imported from Italy... fashioned with wide, portrait collars to keep fall chills away and create a beautiful vision of you!
- luscious colors to love... bright turquoise, black, snow-white and melon
- long sleeves, wrist-bone length... knit one... puri two (the design's on you!)
- wrap up in a small, medium or large
- you'd see these on the continent for twice this price!

8.99

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Porcelain Dinnerware from Japan

- hand-painted designs on translucent white... exquisite china from Japan!
- bone-white beauties for your favorite table... delight in one, two, three... or a complete ensemble!
- bread and butter plate... 19c
- saucer... 19c
- rice bowl... 29c
- salad plate... 29c
- cup... 29c
- soup bowl... 39c
- creamer... 49c
- sugar bowl... 49c
- dinner plate... 99c
- serving bowl... 1.39
- meat platter... 1.39
- 16" serving platter... 2.99
- 52 pc. set... 19.99

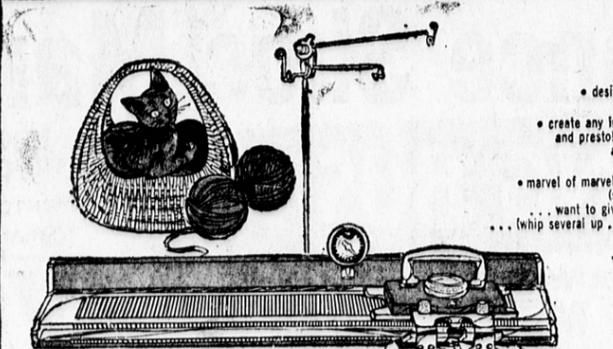
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200-Needle Automatic Knitting Machine

- design it yourself... let this remarkable machine do the knitting for you!
- create any intricate pattern... knit many colors and presto!... in less time than you'd imagine at once... make a simple adjustment your dream is reality
- marvel of marvels... need a dress for the holidays? (surprise everyone... knit it yourself!)
- want to give some extra special gifts this year? (whip several up... delight yourself with your ability!)
- all chrome and steel construction... complete with all attachments... in a neat, portable case
- you've seen it at over \$100

29.99

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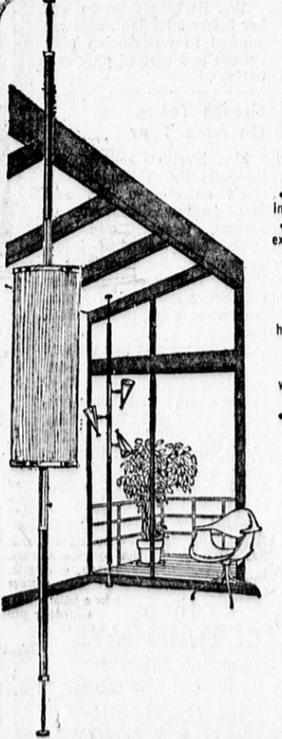


Floor-to-Ceiling Pole Lamps

- a lamp aglow from floor to ceiling... the custom look in lighting!
- vertical illumination in two exciting models
- the slim metal pole extends floor-to-ceiling 7 1/2 to 8 1/2 feet
- it fits snugly under spring tension... no tools, no drilling
- our new pole lamp has 3 swivel diffusers... individual switches...
- in black or cocoa, with matching shades or shades of brass
- our glamorous capri lamp has a barrel shade of bamboo-fiberglass... its pole is brass mated with black or cocoa!

8.99

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Powered Cabin Cruiser

- complete with its outboard motor
- 14 inches from stem to stern... made of durable hi-impact plastic in nautical colors
- real rudder action... 3-bladed propeller... high speed electric motor... it zips on a single flashlight battery!
- launched to sell at \$2.98

99c

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Imported Liqueur Glasses

- Christmas cheer!
- a matching set of 6 3-inch liqueur glasses in a sparkling assortment of colors
- for brandy, bourbon, wine, liqueur, small maleds
- green, amber, blue, violet, lemon, charcoal... one of each per set

set of 6 49c

sorry, no mail orders



Pocket-Size Radio

- have fun listening... it really works!
- a portable radio... powered by a miracle germanium diode, whatever that is
- no batteries, no plugging in... and it never loses its power
- simple but fantastic... the kids will flip!
- includes antenna and earphone

1.99

sorry, no mail orders



Battery-Operated Motors

- a set of three... mechanical marvels to power your hobby!
- they run on flashlight batteries... smooth and reliable performance
- to propel model boats, cars, trains, planes
- they'll even run small workshop tools!
- three different sizes... up to 13,000 rpm!

set of 3 99c

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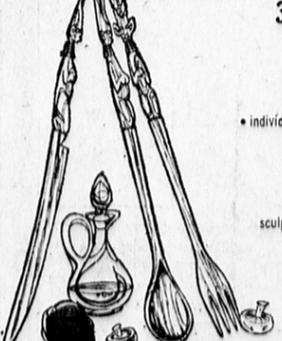


3-Pc. African Salad Set

- a three-piece set of carved african muhuhu wood!
- individually hand-fashioned by kenya tribesmen
- salad knife, salad fork, salad spoon... each 15" long
- the handle: a sculptured african queen
- serving pieces, conversation pieces, gift pieces!
- 3-pc. set

99c

sorry, no mail orders



Confab Held By Parishes

Representatives of nine Catholic parishes in the South Bay, San Pedro, and Rolling Hills area met in Redondo Beach to discuss teaching problems for the Confraternity of Christian Doctrine.

Saint Lawrence Martyr Church of Redondo Beach was host parish. Other churches represented were: Saint Catherine and Nativity, Torrance; Saint James, Redondo Beach; Saint Peter Alcantera, Rolling Hills; American Martyrs, Manhattan Beach; Saint Margaret Mary, Lomita; Mary Star of the Sea, and Holy Trinity, San Pedro.

THE CONFRATERNITY groups in these parishes furnish religious instruction to more than 10,000 boys and girls

A hotel in Dijon, France, pipes red and white wine into guests' rooms.

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